

## SLEEP FOR CHILDREN.

Value of Complete Rest Inestimable to Child and Lack Sure to Result in Ills.

The real value of sleep to growing boys and girls can scarcely be overestimated. If parents felt the importance of a goodly number of hours sleep to their growing children it would mean the establishment of a new habit of living in many cases. The babies and little children in a well regulated household generally have their naps or sleeping time systematically arranged for them, and a good habit is established which gives a basis for sound nerves and wholesome bodies; but as a child grows older his nervous activity increases, and even though he may feel bodily exhausted his will together with his intense interest in life and surroundings combine to keep him awake. He will beg to remain with his elders and to enjoy late hours even when his weary head is nodding and his tired eyes are half closed and heavy with sleep. When a parent consents to allow a child to disobey nature in this way the overburdened strength must pay the penalty. In many cases irritability develops when the tired body and strained nerves are overtaxed, and the child is brought under a strict discipline and maybe severely reprimanded. The result of the punishment under such conditions merely aggravates a bad nervous state, and a long line of evils follow. Almost any child is reasonable and manageable if he is in normal condition, and there is nothing so vital, so necessary in promoting a natural healthy state of existence for a boy or girl as plenty of good sleep.

The public school of to-day necessarily makes very strenuous demands upon its pupils. A great deal is expected and demanded from these young minds and bodies. Time is passing. New pupils are coming in every year. Those who now occupy the room must move along to make place for others. A certain amount of work must be finished. Sanitary conditions are not always of the best order in our school rooms. Overworked teachers and overcrowded rooms all have their effect upon individual work and individual constitutions. Each child bears a part of the strain and feels the evil consequences both physically and mentally. These lesson days are not the easiest days to conquer, after all. The children struggle and battle with probably as great difficulties (taken proportionately) as their elders find in the conflict with life in a broader sense. Many a tired little body succumbs to disease simply because nature has been on a constant strain for the few years of the child's life.—Brooklyn Eagle.

## NEW LINEN PETTICOATS.

A Novelty Is Heavy Undressed Linen Trimmed with Bands of Heavy Lace on the Circular Ruffle.

Now that silk skirts are not considered the top notch of elegance as they once were, the white ones are made in the most splendid designs for evening and many novelties are introduced for those worn on the street.

For instance, for the latter heavy undressed linen is used with a deep circular ruffle intersected with bands of heavy lace and finished with a two-inch edge of lace.

These are cut two inches shorter than the skirt, hold enough starch and are used for all the skirts that have not a lining.

The fancy ones are made of fine Paris muslin with two ruffles of lace at hem and a 20-inch ruffle put on full, cut into sharp points, which are edged with full ruffles of three-inch lace. These are the very prettiest skirts used for dancing.

They are cut to the ankle. Other elaborate petticoats have a panel down the front of all-over embroidery with tiny tucks at the side and three ruffles of the embroidery edged with lace from knees to hem.

The fashion of putting the initials in embroidery on each garment is very much adopted and I forgot to add that another novelty is to put a tiny pocket on the breast of the nightgown on which the monogram is embroidered.—Anne Rittenhouse.

## Used Old Ice Chest.

A writer in House Beautiful describes the conversion of an old ice chest into a useful piece of hall furniture. "The possibilities of an old ice box, the kind that opens from the top, are wonderful. I sawed the legs off mine, put rollers on and after scrubbing, stained it weathered oak. I put on black iron strap hinges and a big padlock; then took the zinc lining out and relined with green picture matting, and had a handsome chest for my hall."

## Chintz Now Used.

The newest mattresses and pillows are covered with bright-colored chintz. When the bed is put to air or the bed clothes changed, one now gazes upon flowered chintz instead of old-fashioned blue and white covering that was such a horror to a beauty-loving housekeeper. If you do not wish to go to the expense of having the mattresses and pillows recovered, slip covers can be very easily made of chintz.

## Soft Gingerbread.

Half cup of molasses, one-half teaspoon soda, one-half teaspoon ginger, pinch salt, one tablespoon melted butter, one-fourth cup boiling water, flour to make a moderately stiff batter. Bake in a deep tin.

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## PRUNES IN A GOOSE.

How to Cook This Bird So It Will Be Voted the Most Delicious Ever Eaten.

To stuff a goose with prunes will seem a rather startling innovation to conservative housekeepers, yet the combination is distinctly pleasing and has much more to recommend it than its novelty. It is no more difficult to prepare than the usual bread and onion stuffing, and requires only those ingredients which are at hand in almost every home storeroom.

Before the goose is drawn, it should be very thoroughly scrubbed on the outside, using a brush and soap suds. Rinse it well and wipe dry. Singe it before washing. Then draw it, wash the inside, and wipe dry. For the stuffing cook one-quarter pound of choice prunes (which have soaked over night) in boiling water to cover until partially cooked. Cook one cup of well-washed rice in four cups of rapidly boiling water for 15 minutes. Drain, and add to the rice the strained prune juice, to which has been added sufficient water to make three cups. Add salt to taste, and cook the rice in this liquor until almost done.

The prunes should be stoned and cut into rather small pieces; mix them with one-quarter pound of shelled and blanched almonds which have been chopped moderately small, and one-half cupful of melted butter. Season rather highly with salt, paprika and nutmeg. Mix thoroughly with the rice and fill the goose with the mixture; truss it neatly, and place on the rack in the dripping-pan.

The oven should be very hot at first to brown the goose richly, then reduce the heat, and baste frequently. Dredge the bird lightly with flour after each basting the last half hour it is cooking. It should be cooked until the joints will separate easily. If it browns too deeply cover with paper. Serve with apple sauce, baked or fried apples, and brown gravy.—Country Gentleman.

## IN MY LADY'S GARDEN.

Hardy Perennials Highly Recommended—Some of the Dear Old-Fashioned Ones.

Hardy perennials are, with the exception of the spring flowering bulbs, the most satisfactory for home grounds. They will continue to blossom for many years with little care on the part of the owner, when once established in a well prepared and permanent border.

While, as a rule, people buy their hardy perennials from the nurseryman, many of these plants may be grown from seed with little trouble. There is a deal of satisfaction in knowing how the plant appears as it grows from seed to fruit, a process of two seasons. If the seed is sown in good garden soil, late in the spring or early in the summer will do.

Particularly easy to grow are the various forms of the composite plants, like the sunflowers, rudbeckias and coreopsis. The perennial poppies and the hollyhocks may be planted in a temporary bed to be transplanted to a permanent one or they may be planted where they are to remain. Seeds of larkspur are slow in starting, and therefore should be planted early or else kept watered if planted later.

One of the most popular of the hardy perennials and one of extraordinary foliage beauty and attractiveness of blossom is the columbine. Although one can get plants from the nursery already started, the most desirable plan on the whole is to sow the seed in the garden and wait for the second season for the flowers. This makes it possible to secure great variety and many plants for a small outlay. The seeds may be obtained for a few cents a package and of various sorts, and sown in a temporary bed in the garden. They will do best in a light, sandy loam.

The single columbines come in a greater variety of shapes and colors than do the double ones. Blue, white, yellow and red are all represented.—Chicago Tribune.

## Rice Waffles.

One and one-half cupfuls of soft boiled rice, two ounces of butter, one pint scalded milk, three eggs, one teaspoonful baking powder, one-half teaspoonful salt, one tablespoonful wheat flour. Use cold, well-mashed rice, melt the butter in the milk which has cooled, beat the egg yolks and whites separately, making the latter come to a stiff froth; mix the rice and milk, beat thoroughly, and then add one-half teaspoonful salt and one of baking powder, and the flour; put the yolks into the batter, first blending well, and lastly add the whites and beat well again. Use an extremely hot, well-greased waffle iron. Pour the batter from a pitcher and fill the iron quickly, close quickly, and set on the fire. Two minutes should be all the time required to make a waffle nicely. Remove carefully, place on a hot dish, pile in double rows, and butter generously. Serve with ground cinnamon and sugar mixed, or with butter and sirup.

## The Scent of Violets.

Those who love the scent of violets should place ground or pounded orris root, made into sachets, among their linen. Florentine orris is the best and it may be used among the sheets in the linen cupboard, as well as in the drawers in the bedrooms.

## A Cough Cure.

Put an egg in a cup of vinegar; let it stand until the shell is all gone. Then beat in some sugar and give a teaspoonful every half hour.

## CLEAN YARD THOROUGHLY.

In the Spring Woman's Thoughts Should Turn to Outside as Well as Inside of House.

No housekeeper needs urging to begin housecleaning in the spring, for it seems to be in the blood of all women to want to "tear things out" with the first breath of warm weather. It is very essential that the house should be purified and cleaned, but there is danger that in the devotion to the bed and living rooms the most important task of all may be forgotten. It is hard work to clean in hot weather, but better that than to neglect the door yard till the last for it is here that the first and best work should be done.

A good housekeeper was to move with her family to a new home last year and it happened that the farm house had been occupied by a very shiftless family. "Don't you just dread that house?" a friend asked her but she quickly replied: "I can clean the house, but the yard is filthy." The clean family set to work to renovate things and this is the way they did it. The back yard was plowed just as deep as possible and the garden planted to the very kitchen porch. The old sod, redolent with filth, was combed by the sharp rake of the accumulation of years, and whatever could be burned was speedily turned into smoke and ashes. Then the old cans and bottles and broken dishes were raked into a deep trench and the whole smoothed over. The garden was wonderfully productive that year and the next before a fine sod was started, but the new mistress said she usually ate the vegetables with a little shudder, when she recollected that back yard.

This may have been an extreme case, but the tidy housewife is apt to hold up her hands in horror when the snow melts in spring and she sees the trash in her own back yard. The dog will drag bones about after butchering day the children will throw things out, and even the lady herself tosses scraps out of the kitchen door in a hurry instead of putting them into the slop pail. All these things snow up for one's nose when the spring sun turns the snow into water and they lie imbedded in soft mud to fill the beholder with disgust. But when nature has done her part by drying up the extra moisture the trash may be raked together and burned in a short time. If there are bones, bury them at the foot of your favorite tree, and see that no old bottle or bit of broken glass is left to cut the little feet when it comes time to run barefoot. If you have doubts about the cleanliness of the sod, turn it under and let nature renew and clean it in her own effectual way. Better have a corn crop in the back yard than disease germs.—Farmers' Review.

## FOUR GOOD DESSERTS.

In These Few, Enough Variety to Suit the Queen's Taste and All Easy to Make.

French Pancakes—Use any good pancake batter, except buckwheat, and bake in small, round, thin pancakes. Spread with jelly or jam, roll up, sprinkle with powdered sugar, and serve hot.

Apple Cobbler.—Peel and core eight medium-sized apples. Arrange in a baking dish, and fill the cores with sugar. Make a batter with three cupfuls of milk, three ounces of flour and four eggs, well beaten. Pour over the apples, and bake until the fruit is done. Serve with any preferred pudding sauce.

Chocolate Pudding—Half a pound of stale bread crumbs, and milk to make a smooth paste when boiled. Add a heaping tablespoonful of butter, a heaping tablespoonful of cocoa, sugar to taste, and a few drops of vanilla. Take from the fire, and add three eggs beaten separately, first the yolks, and then the whites whipped to a stiff froth. Put into a buttered pudding dish, and bake carefully. Serve with cream, either whip, or plain.

Fruit Pudding—One cupful of milk and one cupful of canned fruit juice. Add two tablespoonfuls of powdered sugar, and bring to a boil. Remove from the fire, and stir in quickly the well-beaten yolks of four eggs. Butter a pudding dish, and put in a large cupful of canned fruit. Beat the whites of the eggs to a stiff froth, stir into the custard, pour over fruit, and bake half an hour.—Modern Women.

## Potatoes and Cheese.

Cut some boiled potatoes into slices and prepare a sauce of one cupful of milk thickened with one tablespoonful of flour and with two tablespoonfuls of butter added and mix with one cupful of grated cheese, a little cayenne, two teaspoonfuls of mustard. Line a dish with croutons, arrange around them a close row of the potato slices, and cover with the sauce; repeat in alternate layers, covering the whole with sauce; sprinkle lightly with grated cheese and very brown croutons, and bake in the oven for about 20 minutes.

## Evening Toilette.

A smart evening toilet that combines fashion also, is an adaptation of the French monarchy style, and comprises a beautiful petticoat, over which is worn a handsome coat. Various are the possibilities of such a toilet, which may combine mousseline and lace in the petticoat and velvet, satin, brocade, or more antique striped with blossoms, in the coat. Needless to say, the coat may be worn with several different skirts, or to one skirt there may be provided two coats—an economy that is not without effect.

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